



National Nutrient Database for Standard Reference
Release 28 slightly revised May, 2016

Full Report (All Nutrients) 01235, Yogurt, frozen, flavors not chocolate, nonfat milk, with low-calorie sweetener

Report Date: July 11, 2017 15:11 EDT

Nutrient values and weights are for edible portion.

Food Group : Dairy and Egg Products

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	0.5 cup 68g
Proximates					
Water	g	73.50	--	--	49.98
Energy	kcal	104	--	--	71
Energy	kJ	433	--	--	294
Protein	g	4.40	--	--	2.99
Total lipid (fat)	g	0.80	--	--	0.54
Ash	g	1.60	--	--	1.09
Carbohydrate, by difference	g	19.70	--	--	13.40
Fiber, total dietary	g	2.0	--	--	1.4
Sugars, total	g	12.61	--	--	8.57
Minerals					
Calcium, Ca	mg	159	--	--	108
Iron, Fe	mg	0.04	--	--	0.03
Magnesium, Mg	mg	40	--	--	27
Phosphorus, P	mg	129	--	--	88
Potassium, K	mg	339	--	--	231
Sodium, Na	mg	81	--	--	55
Zinc, Zn	mg	0.49	--	--	0.33
Copper, Cu	mg	0.203	--	--	0.138
Selenium, Se	µg	2.8	--	--	1.9
Vitamins					
Vitamin C, total ascorbic acid	mg	0.7	--	--	0.5
Thiamin	mg	0.040	--	--	0.027
Riboflavin	mg	0.180	--	--	0.122

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	0.5 cup 68g
Niacin	mg	0.200	--	--	0.136
Vitamin B-6	mg	0.040	--	--	0.027
Folate, total	µg	12	--	--	8
Folic acid	µg	0	--	--	0
Folate, food	µg	12	--	--	8
Folate, DFE	µg	12	--	--	8
Choline, total	mg	3.1	--	--	2.1
Vitamin B-12	µg	0.49	--	--	0.33
Vitamin B-12, added	µg	0.00	--	--	0.00
Vitamin A, RAE	µg	2	--	--	1
Retinol	µg	1	--	--	1
Carotene, beta	µg	8	--	--	5
Carotene, alpha	µg	0	--	--	0
Cryptoxanthin, beta	µg	0	--	--	0
Vitamin A, IU	IU	17	--	--	12
Lycopene	µg	0	--	--	0
Lutein + zeaxanthin	µg	0	--	--	0
Vitamin E (alpha-tocopherol)	mg	0.08	--	--	0.05
Vitamin E, added	mg	0.00	--	--	0.00
Vitamin D (D2 + D3)	µg	0.0	--	--	0.0
Vitamin D	IU	0	--	--	0
Vitamin K (phylloquinone)	µg	0.3	--	--	0.2
Lipids					
Fatty acids, total saturated	g	0.488	--	--	0.332
4:0	g	0.027	--	--	0.018
6:0	g	0.009	--	--	0.006
8:0	g	0.009	--	--	0.006
10:0	g	0.018	--	--	0.012
12:0	g	0.009	--	--	0.006
14:0	g	0.071	--	--	0.048
16:0	g	0.241	--	--	0.164
18:0	g	0.104	--	--	0.071
Fatty acids, total monounsaturated	g	0.205	--	--	0.139

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	0.5 cup 68g
16:1 undifferentiated	g	0.018	--	--	0.012
18:1 undifferentiated	g	0.187	--	--	0.127
20:1	g	0.000	--	--	0.000
22:1 undifferentiated	g	0.000	--	--	0.000
Fatty acids, total polyunsaturated	g	0.030	--	--	0.020
18:2 undifferentiated	g	0.021	--	--	0.014
18:3 undifferentiated	g	0.009	--	--	0.006
18:4	g	0.000	--	--	0.000
20:4 undifferentiated	g	0.000	--	--	0.000
20:5 n-3 (EPA)	g	0.000	--	--	0.000
22:5 n-3 (DPA)	g	0.000	--	--	0.000
22:6 n-3 (DHA)	g	0.000	--	--	0.000
Cholesterol	mg	4	--	--	3
Amino Acids					
Other					
Alcohol, ethyl	g	0.0	--	--	0.0
Caffeine	mg	0	--	--	0
Theobromine	mg	0	--	--	0